

Chili Hominy Bake

Makes: 8 Servings

An interesting and appetizing way to use low-sodium canned hominy.

Ingredients

1 1/2 pounds ground beef
1/2 cup onion (chopped)
1 can low-sodium hominy (drained 15 1/2 ounces)
1 can tomatoes (16 ounces)
1 tablespoon chili (powder)
2 tablespoons all-purpose flour
salt & pepper (to taste)
1 cup American cheese (grated)

Directions

1. Preheat oven to 375 degrees F.
2. In a large skillet brown ground beef and onion until cooked thoroughly. Drain well. Stir in tomatoes (including juice), drained hominy, chili powder, flour, and salt and pepper. Mix well.
3. Pour mixture into a 2 quart oven safe baking dish.
4. Bake for 20 minutes.
5. Top with cheese and continue baking

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	273	
Total Fat	15 g	
Protein	21 g	
Carbohydrates	13 g	
Dietary Fiber	2 g	
Saturated Fat	7 g	
Sodium	391 mg	